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WOKING WITH MAPLE SYRUP

THIS CRISPY BEEF CALLS FOR MAPLE SYRUP OVER SUGAR

PAGE 20

BARAO VS. WINELAND

UFC interim bantamweight champion Renan Barao, left, will defend his title against Eddie Wineland during UFC 161, taking place in Winnipeg on June 15. The two mixed martial artists were at the Met on Wednesday for a press conference. Tickets go on sale Friday. See story on page 21.

BERNICE PONTANILLA/METRO

Cool temps increase flood risk: Province

Worst weather. A full month of below-normal temperatures hasn't helped the flood forecast

Stubborn winter-like weather that has so far refused to end is adding to flood worries in Manitoba.

This year's delayed thaw means the snow is likely to melt suddenly when warm temperatures finally arrive, which could be accompanied by spring storms.

"There is potential for mixed rain with snowfall, as well as a rapid snow melt," Phillip Mutulu, the government's chief flood forecaster, said Wednesday as he released the third flood outlook of the year.

With average weather over the next few weeks, Manitobans could see the type of spring flooding they've become accustomed to — a lot of farmland and roads underwater, including the main highway between Winnipeg and the United States border, and a lot of sandbagging around low-lying properties.

But no communities are expected to be evacuated or be cut off from the outside world by dike closures, the government said, unless the weather takes a decided turn for the worse.

The main areas of concern are in western Manitoba.

As usual, much depends on the weather over the next several weeks: How quickly the snow melts, whether major dumps of snow or rain occur at the same time as the melt and whether unpredictable ice jams develop.

THE CANADIAN PRESS

Review of 2011 floods

- Steve Ashton, the minister responsible for emergency measures, said the province has begun work on or completed 96 of the 126 recommendations made by the 2011 Flood Review Task Force last Friday.
- "There are many recommendations in the report that deal with additional techniques, additional technology and approaches that can be used," said Ashton. "We've already enhanced the forecasting going into the 2013 flood season."

SHANE GIBSON/METRO

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Smile! You're on camera in downtown Winnipeg

Caught on tape. BIZ touts growing camera network for crime fighting

SHANE GIBSON
shane.gibson@metronews.ca

The Downtown Winnipeg BIZ are heralding their growing Downtown Security Network following the arrest of a sexual assault suspect just days after video of a man performing an indecent act in a Portage Avenue Skywalk was caught by one of their hundreds of cameras and handed over to police.

The man arrested last Thursday for the April 1 indecent exposure was also charged in connection to three recent sexual assaults on downtown streets.

"The more information that we can share, the better it is," said Rick Joyal, manager of safety and development with the BIZ of the network. "It's very good for business."

The network, which started in 2010 with fewer than 100 members and has since grown to more than 300, sees downtown business owners meet with police twice a month to talk safety and also provide investigators easy access to their security camera footage when needed.

Joyal explained police can instantly check an online database of participating businesses whose cameras might have picked up valuable information from a crime in the area.

"They can click to see who has cameras in that vicinity and it'll tell them who to contact for that particular place," said Joyal, who stresses the camera feeds do not stream live online and are only available to police when they ask. "All we're asking (members) to do is list their camera so it expedites the process."

Winnipeg police spokesperson Cst. Jason Michalyshen couldn't talk about specifics on last week's arrest or confirm whether the network's video led to the man's arrest, but he did say having video evidence can be a big help to police.

"It can potentially make the difference of solving a crime and not solving a crime," he said.

Rick Joyal, manager of safety and development for Downtown Winnipeg BIZ, would like to see more businesses join the group's Downtown Security Network after their cameras caught a sexual assault suspect before his arrest last week. SHANE GIBSON/METRO

Kane

Young Manitoba girl drowns

A three-year-old girl is dead after she drowned in a small pond near her rural Manitoba home Tuesday afternoon.

Morris RCMP and emergency services were called to a home just east of Kane around 1:30 p.m. after the girl was pulled out of the pond unresponsive.

Police say CPR was initiated and the girl was taken to Morris Hospital, but resuscitation efforts failed. The girl was playing near her home with other children of the family when she wandered away and fell into a small pond, according to police

Foul play is not suspected, and an autopsy is scheduled in the coming days. METRO

Red Cadillac

High-speed chase leads to charges

Three people are facing charges after cops had to use Air 1 to track a car that led police on a high-speed chase through the North End, the Maples and into the North Inkster Industrial Park early Tuesday.

Officers first tried to pull over a Cadillac with several occupants for a moving violation near the corner of Salter Street and Boyd Avenue around 2:20 a.m., but police said the driver sped away.

Air 1 joined the chase and followed the vehicle, which police said kept speeding up through city streets until it stopped and the occupants fled on foot in 100 block of Inksbrook Drive. METRO

St. James area

Armed men rob Winnipeg convenience store

Police are investigating after two armed men robbed a St. James area 7-Eleven early Wednesday. The two suspects made off with an undisclosed amount of cash and smokes. METRO

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Ending violence against women

New campaign. Aboriginal men featured in ads as part of province's domestic violence strategy

Go online for more

The five posters, designed by Krishna Lalbiharie, are available for viewing online at manitoba.ca

Aboriginal men from different walks of life are taking centre stage in the newest addition to the provincial government's campaign to end violence against women.

The five posters, which were unveiled at the Manitoba Legislature on Wednesday, are part of Manitoba's domestic violence strategy, and feature an elder, a father of boys, a father of girls, a boyfriend and a young man with the message "I'm helping to end violence against Aboriginal women and girls ... are you?"

Jason Whitford of the Sandy Bay First Nation, on one of the posters with his two sons Alec, 2, and five-month-old Anders, said he participated in the campaign as a way to show the impact that fathers can have on their sons.

"I'm very close to them and I made a lot of changes in my life for my children, for my community and for my family as well," he said, adding he hopes this campaign challenges men to think twice about their actions.

"Social issues are taking its toll on our people, the Aboriginal People, rural and urban, and it's impacting us in different ways through alcoholism, incarceration, different addictions, lack of employment — it's taken us away from our paths and our abilities to provide for our families."

BERNICE PONTANILLA/METRO

Jason Whitford answers a question from Minister Kerri Irvin-Ross after unveiling a poster featuring him and his two young sons for a campaign aimed at aboriginal men. BERNICE PONTANILLA/METRO

Contract at heart of Downtown BIZ spat: Coun.

Simply baffling is the way a Winnipeg councillor is describing a funding spat between the City of Winnipeg and the Downtown BIZ.

"The fundamental issue that's being missed here is the BIZ is being asked to sign a contract in perpetuity," said Coun. Jenny Gerbasi (Fort Rouge-East Fort Garry), who is a member of the BIZ's board.

"To have no end date on a contract is not something they're prepared to sign."

On Monday, Coun. Scott Fielding (St. James-Brooklands), chair of the protection and community services committee, said the BIZ may see its funding it gets from levies reduced if it doesn't pony up the $100,000 towards the Downtown Cadet Patrol Program.

The BIZ and the city have been negotiating a formal funding agreement since January for the program, which until last year was known as the BIZ's Downtown Outreach program before police cadets took over the duties.

Gerbasi said the sticking point isn't the money and the BIZ already made its first quarterly payment.

"What really concerns me is they (BIZ) haven't broken any contracts and are negotiating in good faith ... They don't want to tie the hands of future boards."

Jason Syvixay of the Downtown BIZ said his group is committed to ensuring the cadet program's success.

"The BIZ board believes it is in the best interest of its members to sign an agreement that specifies an end date and clear cadet goals and measurables so we can evaluate program success," he said.

"This clause is currently not in the agreement, but it is our hope that we can reach a solution that is a positive one for both parties."

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Syria

U.S. may send rebels more aid

The Obama administration is expected to give Syrian rebels broader nonlethal assistance, including body armour and night-vision goggles, while stopping short of providing weapons to help fight Syrian President Bashar Assad.

Obama has resisted pressure to arm the rebels; the leader of the strongest rebel group pledged allegiance to al-Qaida on Wednesday.

THE ASSOCIATED PRESS

Afghanistan

Afghan soldier fires on allies

An Afghan soldier fired a rocket-propelled grenade at an armoured vehicle carrying Lithuanian troops, injuring two of them, Lithuania's defence ministry says.

Officials said the Afghan fired on the vehicle after asking it to stop. He was apprehended and remains in custody. THE ASSOCIATED PRESS

Sexsomnia

Man acquitted of sleep sex assault

A Danish man has been acquitted of molesting two 17-year-old girls after he was found to suffer from a rare sleep disorder.

A court found Wednesday that the man fondled the girls in 2011 while asleep — the result of "sexsomnia," a recognized condition in which a person engages in sexual activity while unconscious.

THE ASSOCIATED PRESS

United Kingdom

WWII bomb dug up in flower bed

Gardeners in Britain who were digging flower beds for a horticultural competition instead uncovered a Second World War bomb.

Police say a bomb unit was sent to a crossing near Nafferton train station. The area near the railway tracks was cordoned off to prevent vibrations from trains setting the device off.

THE ASSOCIATED PRESS

Canada boycotts UN justice meeting

War crimes.
Ambassadors protest Bosnian victim being thrown out of meeting

Canada, the United States and Jordan boycotted a meeting on international criminal justice organized by the Serbian president of the General Assembly on Wednesday, offended that it didn't include Bosnia's war victims, and attacked the UN war-crimes tribunal for the former Yugoslavia.

The ambassadors from Jordan and Liechtenstein protested by hosting a press conference for two victims groups — the Mothers of Srebrenica and the Association of Witnesses and Survivors of Genocide — while assembly president Vuk Jeremic, the former foreign minister of Serbia, presided over the assembly meeting.

Munira Subasic, president of the Mothers of Srebrenica, who lost 22 close family members in the 1995 massacre by Bosnian Serbs, said she was allowed into the assembly meeting as "a silent observer." She listened as Serbia's ultranationalist President Tomislav Nikolic criticized the Yugoslav tribunal.

She believed that Nikolic was denying the genocide in Srebrenica, so she said she put on a T-shirt, which said: "Justice Is Slow But It's Reachable."

"All of a sudden I was surrounded by security of Vuk Jeremic" and escorted out of the room, Subasic said.

In a speech soon after, Nikolic protested against the "lynch-mobbing of Serbia" and accused the Yugoslav tribunal of "selective justice" by seeking to punish Serbs while overlooking the crimes of Bosnians and Croats. THE ASSOCIATED PRESS

A woman in July 2011 at the grave of one of many newly identified victims of the 1995 massacre in Srebrenica during the Bosnian war. SEAN GALLUP/GETTY IMAGES FILE

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Normal Triglyceride Levels ☐	Elevated Triglycerides ☐	Allergies ☐
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U.S. army soldiers during their annual military drills in South Korea. AHN YOUNG-JOON/THE ASSOCIATED PRESS

North Korea cleans up with world on alert

Decking the halls. Upcoming holiday often used for displays of military strength

As the world braced for a provocative missile launch by North Korea, with newscasts worldwide playing up tensions on the Korean Peninsula, the centre of the storm was strangely calm.

The focus in Pyongyang on Wednesday was less on preparing for war and more on beautifying the capital ahead of the nation's biggest holiday: the April 15 birthday of the nation's founder, Kim Il-sung. Soldiers put down their rifles to blanket the barren ground with sod, and students picked up shovels to help plant trees.

But the impoverished nation, which has historically drawn the world's attention on holidays by showing off its military power, could well mark the occasion by testing a missile designed to strike U.S. installations in Japan and Guam.

South Korea's foreign minister said the prospect of a medium-range missile launch is "considerably high."

THE ASSOCIATED PRESS

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Is Canada failing its children?

Nation ranks 17th out of 29 wealthy countries when it comes to the well-being of our children, according to a new study from UNICEF, the United Nations children's agency.

THE CANADIAN PRESS

Photos: Torstar News Service/Getty Images/The Canadian Press File

Ranking 'isn't good enough': UNICEF Canada

UNICEF graded the 29 countries in five categories and Canada's best ranking was 11th in the area of housing and environment. David Morley, UNICEF Canada's president and CEO, says the report shows there's a lot of work to be done.

"The fact that our children rank in the bottom half when compared to other industrialized nations simply isn't good enough," Morley said.

Youth smoking pot, not smokes

Canada scored third-best on smoking, with UNICEF saying only four per cent of children aged 11, 13 and 15 reported smoking at least once a week.

The same can't be said for cannabis, with Canada sitting 29th and last with 28 per cent of children saying they have used cannabis within the past year.

Bullying still a major concern

Canada ranked 21st in bullying, with 35 per cent of children aged 11, 13 and 15 reporting being bullied at school at least once in the past couple of months.

More than 1 in 5 have bloated BMI

When it comes to obesity, Canada is third from the bottom, with 20.24 per cent of children aged 11, 13 and 15 deemed overweight based on the body mass index.

A substandard well-being

Canada ranked 14th in educational well-being, 15th in material well-being, 16th in behaviour and risks and a low 27th in health and safety. "It is clear Canada can do better," Morley said. "Protecting and promoting the well-being of our children must become a national priority."

Dutch top list as Canada plummets

The Netherlands remains the overall leader in the study and is the only country ranked among the top five in all dimensions of child well-being.

Meanwhile, Canada's overall ranking drops seven places to 24th when children's views of their own life satisfaction are measured. Only five Eastern European countries rank lower than Canada in this category.

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Woman recalls 'sick relationship' with Tim Bachman

Age 11 at the time. Defence lawyer suggests alleged victim, who has history with drugs, imagined sexual relationship

A co-founder of iconic Canadian rock band Bachman-Turner Overdrive had a sexual relationship with a girl between the age of 11 and 14, a B.C. judge was told this week.

"I felt the relationship was very sick," Stacy Bohun, 24, recalled during court testimony in B.C. Supreme Court, where Tim Bachman is on trial for sex assault, sexual interference of a person under 14 and sexual touching of a young person.

Twenty-four-year-old Stacy Bohun stands outside the court in Chillwack, B.C., Wednesday. THE CANADIAN PRESS

"He would get me to sit on his lap and kiss him," she added. "One time he tried to French kiss me ... It was just a lot of weird, inappropriate things."

A ban on publication was imposed in 2010 on the name of Bachman to shield the identity of the complainant. But the bans on both Bachman and Bohun were lifted Wednesday by Justice Neill Brown after an application by a reporter with The Canadian Press.

The request was for the ban to be lifted on Bachman's name, but Bohun told the judge she didn't mind being publicly identified.

"I'm not afraid," Bohun, now 24, said in an interview outside court after the judge's ruling. "I want people to know it's okay to talk about it."

At the time of the alleged sexual abuse, from 2000 to 2004, Bohun was a foster child living in Bachman's home in the Fraser Valley.

THE CANADIAN PRESS

Bullied teen. Family of Rehtaeh Parsons says they were failed by system

The family of a 17-year-old girl that has gone public about her suicide after months of bullying say they were stymied at practically every turn when they tried to get help for the troubled teen.

Jason Barnes, the longtime boyfriend of Rehtaeh Parsons' mother, said a sad string of failures ultimately led to the girl's death more than a year after she was allegedly sexually assaulted by four boys.

"No matter where her mother turned to try to get help for her, no matter where Rehtaeh tried to turn to get help, all she had was her family," Barnes said on Wednesday.

"The justice system failed us completely. The education system didn't seem to do much of anything."

The RCMP say they investigated the sexual-assault allegations after consulting with the province's Public Prosecution Service but concluded there weren't enough grounds to lay charges.

"She was very upset, very devastated from that," Barnes said.

The Halifax Regional School Board says it took a hands-off approach in the alleged assault of Rehtaeh Parsons, not wanting to interfere with the RCMP. FACEBOOK/THE CANADIAN PRESS

Earlier in the day, Rehtaeh's family met with Nova Scotia Justice Minister Ross Landry after he announced Tuesday night that his department was looking for ways to review how the RCMP handled the allegations. THE CANADIAN PRESS

Harmful side-effects

Drug reps often keep doctors in the dark: Study

Most family doctors say they receive little or no information about harmful effects of medications when visited by drug-company sales representatives promoting their products, a study of Canadian, U.S. and French physicians in the Journal of General Internal Medicine has found.

THE CANADIAN PRESS

Birth-control recall

Gynecology group warns Alysena 28 users

Women who may have taken birth-control pills from faulty packs should use a backup form of contraception, the Society of Obstetricians and Gynecologists of Canada said on Wednesday. Women may also need to talk to their doctors about taking a pregnancy test. THE CANADIAN PRESS

Porter Airlines reveals long-haul ambitions

Controversial plan. Expansion hinges on being allowed to land jets on T.O.'s waterfront

Bob Deluce, left, president and CEO of Porter Airlines, sits with Bombardier's president Mike Arcamone in a Bombardier CS100 aircraft Wednesday. Deluce announced the airline's purchase of 12 of the planes, with an option for a further 18, at a news conference in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

Porter Airlines unveiled an ambitious plan to become the third national carrier on Wednesday after signing an agreement to buy a dozen new Bombardier CS100 jets and expand the cities where it flies.

But the company faces several significant hurdles along the way as it seeks to change the rules and extend the runway at the small waterfront airport where it's headquartered in Toronto.

Porter president and chief executive Robert Deluce says he's confident enough that his airline will prevail that he doesn't have a backup plan.

"Our plan is predicated on us being able to get the approvals that we need in order to be able to operate these airplanes," he said after a media event held at Billy Bishop Toronto City Airport. Jets are not allowed to fly out of Billy Bishop, which is on an island near the city's lakefront, except under special circumstances.

The current rules are part of a tripartite agreement between the City of Toronto, the federal government and the Toronto Port Authority — making it difficult to get quick action from the necessary authorities.

Deluce said the airline plans to fly the jets to destinations such as Vancouver, Los Angeles and Florida that its current fleet of turboprops can't reach. Porter will also seek permission to extend the main runway at the airport by 168 metres at each end. THE CANADIAN PRESS

U.K. Retailers ration baby milk powder to cope with surge in Chinese demand

Demand for baby milk formula is surging in Britain, but it seems likely the powder is going to babies thousands of miles away.

British retailers said Wednesday they are limiting purchases of baby milk powder to two tins per customer after noticing some people were buying unusually large quantities in stores, apparently to export to China for profit.

Danone, the dairy manufacturer, said it has significantly increased production of powdered baby milk in response to the bulk-buying trend.

"We understand that the increased demand is a result of unofficial exports to China to satisfy the needs of Chinese parents who want international brands for their babies," Danone, which makes Aptamil and Cow & Gate baby formulas, said in a statement.

Baby formula made by foreign brands is in great demand in China, where parents have been wary of local dairy products since a contaminated milk scandal left six babies dead in 2008. THE ASSOCIATED PRESS

A sign limiting the purchase of milk-formula powder hangs on a shelf in a supermarket in London on Wednesday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Sticky situation

BMO lauded for being nice to mice

BMO is getting a Compassionate Company Award and a big box of vegan chocolates shaped like mice from People for the Ethical Treatment of Animals. After learning from PETA about the cruelty of using sticky glue traps to kill mice, BMO banned the devices from its approximately 900 locations nationwide. METRO

Market Minute

DOLLAR 98.58¢ (+0.18¢)

TSX 12,534.91 (+50.85)

OIL $94.64 US (+ 44¢)

GOLD $1,558.80 US (-$27.90)

Natural gas: $4.10 US (+8¢)
Dow Jones: 14,802.24 (+128.78)

Pilfering in Paris

Pickpocket protest closes Louvre

The Louvre was closed Wednesday as workers walked off the job to protest the rising problem of pickpockets haunting the museum's galleries. Staff organized the protest to draw attention to the problem, which they say is hindering their ability to welcome visitors and protect the Louvre's collections. A spokeswoman was unable to say when the museum would reopen.
THE ASSOCIATED PRESS

Horsemeat scandal

Dutch recall mystery meat

Dutch authorities are recalling 50,000 tons of meat sold as beef across Europe because its exact source cannot be established and it may contain horsemeat. It was the latest development in a scandal that saw horsemeat mixed with other meats and sold as beef across the continent. The scandal led to recalls of products ranging from frozen lasagna to Ikea meatballs. THE ASSOCIATED PRESS

Banking secrecy

Luxembourg helps fight tax evasion

Luxembourg is to start exchanging information with the rest of Europe to help fight tax evasion, in a bid to make the country's massive financial sector more transparent. The decision follows mounting international pressure on Luxembourg to end its policy of banking secrecy which critics argue has helped people hide money in the country from tax authorities.
THE ASSOCIATED PRESS

Carriers split from wireless lobby

Three of Canada's new wireless carriers say they will better serve their customers outside the industry's lobby group, which they accuse of favouring Rogers, Bell and Telus.

Wind Mobile, Public Mobile and Mobilicity say three-year contracts, roaming rates and tower sharing were among irritants that made them leave the Canadian Wireless Telecommunications Association.

The three small carriers accused the association of taking positions on these issues that favoured Canada's big three carriers. "Instead of spinning our wheels internally, we will be able to focus the time and energy on helping Canadian consumers," Mobilicity's director of legal affairs, Gary Wong, said Wednesday.

Quoted

"There's no negative impact on consumers here whatsoever. We feel like we are going to do a better job in lobbying ... as a result of us exiting the association."

Bob Boron, senior vice-president and chief legal and regulatory officer at Public Mobile

Public Mobile, Wind Mobile and Mobilicity don't ask their customers to sign contracts for mobile phones and have brought more competition to the market since they launched about three years ago.

The three small companies are expected to have just over six per cent of the market at the end of this year, up from just under five per cent at the end of 2012, the Convergence Consulting Group has estimated.
THE CANADIAN PRESS

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NEWS NOT FIT FOR PRINT

HE SAYS

John Mazerolle
metronews.ca

I have a lot of esteemed titles — freelance writer, ex-husband, that guy in Metro — but none bring me more respect than editor-in-chief of Canada's most dignified newspaper, The Beaver Examiner.

Perhaps you've heard of it. With mission statements to "keep fake news real" and "treat every week like shark week," The BeEx has been bringing insightful Canadian news to reader(s) since 2005, updated any time — day or night — once every several months.

As you'll see below, The Beaver Examiner is unencumbered by fact-checking, spelchecking or any of the other quaint traditions that hold back so many newspapers (seven worldwide as of press time). Enjoy and be enlightened!

The Beaver Examiner News Briefs: Proudly Independent From Facts

- Rescuers Say 751,171 People Stranded In New Brunswick NEAR THE N.B. BORDER – Emergency crews are being urgently dispatched to the province of New Brunswick today, after it was discovered that 751,171 people have been stranded there for the entire winter.

Rescuers said they are having a difficult time accessing the area, due to a lack of affordable airfare and fear of becoming stranded themselves.

"We're hoping for the best, but we hear there may be 69,000 people in Moncton alone," said rescue co-ordinator Kerry Chandler, choking back tears.

Chandler said it was the most shocking disaster he and his staff can recall since rescuers stumbled upon several million people crammed into squalid conditions in downtown Toronto.

- Unusually Skilled Witness to Shooting Knew Immediately Gunshots Were Gunshots VANCOUVER – Burnaby resident Tom Mayer, a skilled witness to tragedy and unusually adept innocent passerby, knew immediately that a gunshot he heard while leaving a bar in the Vancouver downtown was a gunshot.

"I heard a 'pop, pop' sound and I thought 'gunshots!' right away," the wise-beyond-his-peers Mayer said. "Definitely not a firecracker, firework, or car backfiring." Mayer said the tragedy that injured four didn't seem at all like an action movie, "because that's kind of stupid."

Mayer said he picked up his witnessing acumen years ago when he saw a Cessna crash that he knew instantly had nothing to do with terrorism.

- Prone Man Criticizes Goaltender's Positioning WINNIPEG – Rick McHutchion, a Manitoba man who had been lying on his back on his couch for almost three hours, expressed disgust at the positioning of Winnipeg Jets goaltender Ondřej Pavelec during Tuesday's game against the Buffalo Sabres.

"He looks terrible out there," said McHutchion, as he fished awkwardly for the final chip in a bag resting on his ample stomach. "He should be embarrassed."

McHutchion added that the Winnipeg defence is lazy, and that he'd change the channel in disgust if the remote wasn't so far away.

And that's a look at the award-wanting news coverage The Beaver Examiner brings every single day that I feel like it.

Check in next week when we'll examine a new survey that shows that nine out of 10 government scientists, when asked about being "muzzled" by the federal government, said "Mphm! Mphm!"

ZOOM

Why take the stairs when ...

SOLENT NEWS AND PHOTO AGENCY

... sliding into the office is a breeze

British IT company Peer 1 Hosting has unleashed the most enjoyable office ever. Their design makeover came complete with cinema, pub, pool table, golf course, tree house and giant helter-skelter slide. METRO

Other fun offices

- **Google:** Zurich. It's fitting that the tech giants put effort into their office. There is a rule to be never more than 100 metres from food, while an aquarium and library provide relaxation.
- **Comvert:** Milan. The clothing company has an indoor skating rink suspended above their desks to blow off steam.
- **DTAC:** Bangkok. Mobile-phone providers have a whole building and a floor for activities, featuring indoor soccer, table tennis, running track, and concert hall.
- **Selgas Cano:** Madrid. This architecture firm has designed their building to blend into the Spanish forest.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Most of us amateurs have strengthened our Instagram chops considerably since those heady early days of documenting pets, parks and undeserving food. But we still have a long way to go before catching up to these iPhone-slinging pros.

AikBeng Chia:
With iPhone in pocket, AikBeng Chia wanders the streets of Singapore to provide a series of all-hours glimpses of the city's people, art and architecture. @aikbengchia

Robert Paul Jansen:
A Dutch photographer who whiles away his spare hours by shooting the beautiful, frequently fog-shrouded Netherlands landscape. @robertpauljansen

Benedicte Guillon:
A Paris street photographer with an uncanny eye for capturing one of the world's most photogenic cities. Vacation vicariously in your pocket. @iphoneographic

Twitter

@metropicks asked: @Oprah is in trouble for backing skin cream derived from baby foreskins. What's your not-so-sketchy beauty secret?

@MisterInsight: I don't use any product, natural beauty is as fine as it comes

@jpadamson: Coconut oil as a hair conditioner and as a moisturizer. Smells great! Moisturizing! And you smell delicious!

Follow @metropicks and take part in our daily poll.

Letters

RE: Daredevil Raccoon Performs High-Wire Stunt, published April 9

I can have positivity with regards to raccoons. I'm positive they are a health hazard. I'm positive they are a pest. I'm positive there needs to be a raccoon control program. **Myworkisdonehere posted to metronews.ca**

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

metro

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SCENE

Rude boys come to town

Offensive, funny or both? Rank and Vile tag-team act showcased at the Winnipeg Comedy Festival

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Truth and dare.

Darren Frost and Kenny Robinson — two of Canada's most controversial comedians — bring their triple X-rated thought/laugh-provoking Rank and Vile show to the Winnipeg Comedy Festival.

The gruesome twosome have been combining their uncensored acts for two years now, slaying comedy rooms across the country and, of course, offending a few people along the way.

Frost calls it the 80/20 rule, saying 80 per cent of people will love you and 20 per cent will hate you.

Thing is, with Frost, the 20 per cent is very vocal and sometimes even violent.

In 2008 at Yuk Yuk's in London, Ont. an audience member threw a glass at Frost during his routine and earlier this year, at that same club, a front row heckler decided to question Frost's battle with skin cancer.

"It's the minority telling the majority what to think," says Frost, 42.

"I don't like Larry the Cable Guy, but I'm not going to go to one of his shows and tell everyone 'You're wrong!' Sure, I may make fun of him on my radio show (XM Radio's Anything Goes) or go off on that brand of comedy, but I'm not going to go out of my way to f— with a show. That doesn't make any sense to me."

A 30-year veteran of stand-up comedy, Robinson too has more than his fair share of heckling stories, but mostly he just gets compliments.

"Twenty years ago I used to do a bit about my aunt being a stripper," says Robinson, 55, a former Transcona resident now based in Toronto.

"I would have my legs open and I was peeking between my thighs saying 'How's your mom? Did she like the banana bread I sent over?' Oh God, maybe this was 25 years ago when I could still bend over.

"Anyway, these two girls and their father came up to me. The daughters hugged and kissed me and told me they're both strippers and that it was the first time their dad had been out with them for a long time because he has cancer. So I reunited that little dysfunctional family. Comedy is such a wonderful medicine at times."

The dirty deets

Rank and Vile goes down Friday night at the Gas Station Arts Centre.

- Tickets are $15 at the venue and ticketweb.ca. Showtime is 8 p.m.
- Go to winnipegcomedyfestival.com for more information

Controversial Canadian comics Darren Frost, pictured, and Kenny Robinson bring their Rank and Vile show to the Winnipeg Comedy Festival. SUPPLIED

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It's no Mama, but she does hump a chair

Scary Movie 5. Ashley Tisdale faced some challenges while making the latest instalment of the horror flick spoof

NED EHRBAR
Metro World News

Ashley Tisdale stars in Scary Movie 5, opening this weekend. HANDOUT

Here's a challenge most actors don't have to face: Doing last-minute reshoots that constitute more than half of the main plot of the movie. But that's exactly what Ashley Tisdale found herself faced with when her bosses on Scary Movie 5 decided they needed their spoof to be more up-to-date and worked in some digs at this year's horror hits Mama and Evil Dead. And they had to work fast. Of course, some of that might be Tisdale's own fault, though.

"I saw Mama opening weekend," Tisdale remembers. "I came out of there and I texted the producers, 'Oh my gosh, like we should really be spoofing Mama because it just worked so well.' And then (writer) Phil (Beauman) was like, 'Funny, we're actually going to spoof Mama.' So then we saw it again."

By the actress' estimation, the additional material spoofing Mama and Evil Dead — based solely on seeing the trailer — accounted for about 60 per cent of the finished movie, done over about 10 days of filming.

Before signing on for the latest in the Scary Movie franchise, Tisdale was admittedly far from a horror fan.

"I have always been really scared of scary movies just because I live by myself, and seeing something, then having a big imagination and then thinking you see it in the middle of the night (is terrifying)," she says.

"So I've never been really into them. But it's funny because doing this movie, now I like them. Now I'll go watch Mama, because then I see things and I'm like, 'Oh my gosh, that's so spoof-able.' Because sometimes it's just so ridiculous."

Facing her fears

"I have always been really scared of scary movies just because I live by myself, and seeing something, then having a big imagination and then thinking you see it in the middle of the night (is terrifying.)"

Ashley Tisdale
Talking about working on Scary Movie 5.

But not nearly as ridiculous as simulating sex with household objects, something Tisdale was called on to do to excess for one overstuff montage in Scary Movie 5 — with some covered during the initial filming and some added in at the last minute. It proved to be a steep learning curve.

"I had humped a potted plant in Atlanta, and that was nerve-wracking," she remembers.

"There was only one camera guy and they kept it really quiet so it was OK. But by the time I got to having to be with the chair and the microwave and all over the place, I was just like, 'Oh, I've got this. It's fine that everybody's watching.'"

That earned confidence didn't mean the performance was easy, though.

"I do recall having the hardwood chair hitting me from behind and I looked from behind and I was all into it. And then suddenly, I was just like, 'I'm getting slammed by a chair right now,' and I started hysterically laughing," she says, adding that the chair's enthusiasm was provided by a prop guy.

"They're like, 'Do it harder!' And I'm like, 'It's hard wood. It hurts.' I wish there was a camera on the prop guy who was probably like jamming it behind me. It just was so wrong."

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Tom Cruise admits to being caught off guard by divorce

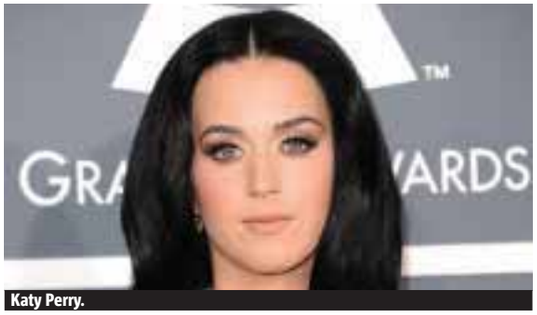
Tom Cruise is finally opening up about his divorce from Katie Holmes, which caught most of Hollywood off guard. And it turns out it caught Cruise off guard as well.

"I didn't expect it," he says in an interview with German TV station ProSieben.

"To be 50 and to have experiences and to think you have a grip on everything, and then it hits you — this is it, what life can do to you. Life is a tragicomedy. You need to have a sense of humour."

Tom Cruise.

ALL PHOTOS GETTY IMAGES



Katy Perry.

Perry ridding herself of Brand

Katy Perry is quickly unloading any remnants from her marriage to Russell Brand, including the Hollywood Hills home he bought in 2011 and then relinquished to her following their divorce, according to Us Weekly.

Perry is listing the seven-bedroom, 11-bath home for $6.925 million. It sits on a three-acre compound near the Chateau Marmont.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Gosling has kind words to say about Britney Spears

Growing up as co-stars on the Mickey Mouse Club made for some interesting run-ins between Ryan Gosling and Britney Spears — at least to hear Gosling tell it.

"Britney was a sweetheart," Gosling tells the U.K.'s Sunday Times magazine.

"She lived right above me, the girl next door. The little girl I used to play basketball and spin the bottle with."

Old pals

"She lived right above me, the girl next door. The little girl I used to play basketball and spin the bottle with."

Ryan Gosling
Talking about Britney Spears.

Their other Clubmembers included Justin Timberlake, Christina Aguilera and Keri Russell.

"I mean, sometimes you are at the same event, but it's a lot like I imagine what it's like to run into someone from elementary school," he says of how the old gang relates to each other now.

Twitter

@joelmchale
Last week my 5yr old walked out on our hotel balcony & repeatedly screamed GIVE ME MONEY. I thought "Wow, someday he will be a great leader"

@pattonoswalt
Sure, Diddy is dating @KateUpton. But did he win @esquiremag's Twitter War? Did he? DID HE?!? (Hugs crown, bursts into tears)

@SteveMartinToGo
When I was twelve, I wanted to launch a missile, too.

Lindsay Lohan.

Lohan pal looked to Liza to get the troubled star back on track

Lindsay Lohan was nearly given quite the talking to by Liza Minnelli late last year when the legendary singer was reportedly approached by a Lohan pal to stage an intervention, according to Radar Online.

Lohan's friend, Claus Hjelmbak, was the one who is said to have reached out to Minnelli.

"He was so concerned for her well-being because of her continued use of prescription pills and booze," a source says. "He reached out to Liza Minnelli's camp, in the hope that she could help. Liza has battled her own demons with alcohol and has been very supportive publicly of Lindsay. Claus thought that if anyone could get through to Lindsay, Liza could be that person."

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LAURA MVULA

British singer Laura Mvula sounds like Nina Simone and is being called the next Adele. She talks to us about her personal style.

'I'M AN EXPLORER'

KENYA HUNT
Metro World News in London

Laura Mvula's anthemic single, That's Alright, is a declaration against all of the unrealistic beauty standards promoted in magazines that make women second-guess themselves: "I will never be what you want and that's alright. Cause my skin ain't light and my body ain't tight. And that's alright."

So it's not surprising that the Brit who is often described as this generation's answer to Nina Simone would be equally secure in her sense of personal style.

As she prepares to go on tour in support of her new album, Sing to the Moon, she opens up about her natural hair, crush on Vivienne Westwood and weakness for big heels.

Styling around her natural hair

"My hair is very short, so it's important for me to feel soft and feminine. I like to think I'm a warm person. I like to soften my image as much as possible so that my short hair isn't overly strong or intimidating."

Her stage persona versus her off-duty one

"I think the two go alongside each other. Even things like being practical, which isn't my strongest point as a person. Sometimes I'm standing at a keyboard, and I want to wear my big heels. I love my big heels. But even though I might have a specific image and vision in my head, it also has to be comfortable for me to wear. I think what I wear will change as I work with bigger ensembles. At the moment simplicity is really important to me. I want to come off the stage feeling comfortable, like I've been able to move and not think about this wrap falling off my head or the length of my skirt."

On figuring out her look

"I'm an explorer. My dad used to say that I was always the kid in the wardrobe trying on ridiculous pieces together and thinking somehow that they would work. I think a lot about my style and my image, which is really important to me. Even though I do feel like a baby when it comes to fashion. I still feel very much at the beginning of it all."

Her ultimate fashion fantasy

"I dream about Vivienne Westwood. When I was getting married, I spent a lot of time dreaming about her dresses. But to have this kind of (professional) opportunity makes (her clothes) more attainable. I've worn some of her pieces before. They're so elegant, pretty and feminine."

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Check, mate!

'Tis the season for sporting some peppy tailoring. Metro rounds up the best of the spring selections.

RICHARD PECKETT
Metro World News in London

Let's start with the obvious: the checked sports jacket is not subtle. It was once the preserve of country club types, weekending '80s bankers and men too old to care about modesty. However, these days most urbanites are willing to subscribe to more outré outfits and this natty number is certainly one way to go about it. The cut, as with most modern tailoring, is slimmer and less boxy, making it the perfect partner for chinos or shorts for the summer months.

RICHARD PECKETT, METRO WORLD NEWS IN LONDON

Behold the full checkered jacket. KARL-EDWIN GUERRE

Paul Smith

sky blue check patch pocket jacket, $820, paulsmith.co.uk

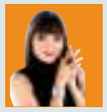
Zara

Double breasted linen blazer, $189, zara.com

Topman

Blue and green tartan blazer, $220, topman.com

Twitter



JEANNE SPACE
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Look who I just ran into! About to intvw the babe-acious Nia Vardalos @theloopca about her new book "Instant Mom".

Swish afternoon tea @ShangriLaTO hosted by my BFF @marysymons. 5 yr old Chinese pianist about to perform!.

The Kit

Canadian street style

Spotted in: Vancouver

Kayla Damiani

Server/ Restaurant Manager

Age: 29

What she's wearing
BCBG hat, Free People coat, Alexander Wang T-shirt, Will bag, Urban Outfitters shoes.

Her inspiration
"This is my special downtown weekend! I'm meeting a good friend for coffee."

THE KIT PHOTOBLOGGER: MEGHAN TANSEY WHITTON, FASHIONEASTHALIFAX.COM

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!

This designer eye stays Canadian

Shop the tried-and-true retailers that were born here

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

With the recent hoopla about new fashion and decor retailers invading Canada, I thought I'd pay homage to the home decor retailers who have been born and bred in this country.

I've always believed we have consistently been home to the best, and with a good style-eye, anyone can find attractive, on-trend home decor items for less than what others might expect.

The trick to an interesting decor is to mix various price points and styles that compliment each other. If you are looking for some well-priced accessories, here's a list of my favourite items from nationally available — and Canadian-born — retail and online stores.

EQ3

Born 12 years ago, the Winnipeg-based furniture manufacturer now has 11 stores in Canada and a comprehensive website that allows online shoppers to purchase affordable modern furnishings from coast to coast. Made in Canada upholstered furnishings are great quality and excellent value.

Matt Rocker, $599, eq3.com

Urban Barn

Founded by two high school friends 23 years ago, BC's born-and-bred home furnishings retailer boasts 41 locations and a comprehensive website. Trend-conscious shoppers can find amazingly priced furnishings and home accessories that change seasonally. Look for semi-custom furniture and carpets, trendsetting decorative objects and art. My favourite piece at the moment is a modern deco inspired bookcase that would act perfectly as a room divider as well.

Biblioteca Bookcase, $699, urbanbarn.com

New York Duvet Cover Set, from $130, simons.ca

Simons

The esteemed family-owned retailer from Quebec has been in the fashion and housewares business for more than 170 years — it recently opened a new store in Edmonton. Canadians can even shop for their home decor online. Its bedding and tabletop linens always please me and Simons' imported lines are hard to find elsewhere. I am always impressed with the bedding: great quality, well priced and some very interesting designs.

Homesense

The domestic spin-off of discount fashion retailer Winners, Homesense boasts prices 20 to 60 per cent less than other retailers. With around 90 stores coast-to-coast, savvy home decor shoppers are sure to enjoy quality brands at discount prices. Homesense is my go-to for decorative pillows in designer styles, fabrics and fills (many have posh down/feather fills) that would cost five times the price elsewhere.

Designer-style pillows, from $14, homesense.ca

Over-dyed semi-antique patchwork rugs, from $200, ecarpetgallery.com

eCarpetGallery

Based in Montreal, this importer of new, vintage and antique rugs is known for its free shipping, fast delivery and exceptional pricing. Without a showroom and commissioned sales staff, this online business can offer the best prices in Canada. The rugs are imported, handmade and, in many cases, vintage, which makes them classics to collect and keep forever. Right now I am crazy for the over-dyed Persians and patchwork rugs that are a fraction of the cost of the high-end rug retailers.

metro

FIRST-TIME HOMEBUYERS

Thursday, April 11, 2013

The desire to live in a place where there aren't as many maintenance chores is one of the key motivations for choosing a condo. JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

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Move-in ready

Condominiums. Having fewer responsibilities makes housing arrangements easier for people

RICHARD WOODBURY
For Metro

Working as a real estate agent for the last 15 years, Joyce Richards has noticed that while there are different groups of people buying condos, there is a common thread between them. Whether it's the retiree looking to downsize or the young person who travels a lot, the desire to live in a place where there aren't as many maintenance chores is one of the key motivations for choosing a condo.

Having fewer responsibilities makes housing arrangements easier for people who travel or work out of town frequently.

"You just lock the door and go," says the Halifax-based real estate agent with Coldwell Banker Supercity Realty.

Another advantage of living in a condo is it allows people to live more centrally, thus allowing them to walk to work, be close to public transportation and the amenities of a downtown.

"People like to buy condos for the location," says Nic Blachette, a real estate agent with Sutton West Coast Realty in Vancouver.

There are, of course, downsides to condo living.

"I think some of the cons are people don't understand they are moving into a community," Richards says.

She says issues can pop up where people aren't respectful of their neighbours. Unlike living in one's own house, they have to be especially careful about the noise they create since condos will have different types of noise restrictions.

"You do have neighbours and they're a lot closer than when you had a house," Richards says.

Conflict between the owners at a condo building can also come about because of things like repairs to the units. While something like window replacements may not seem like a conflict generator on the surface, the fact owners may disagree on how much to spend on the replacements can create conflict, Blachette cautions.

Condos come in many different styles. ISTOCKPHOTO/THINKSTOCK

Also, condos may not be an ideal fit for families as the amenities of a condo tend to be more geared towards adults, Richards says.

Before purchasing a condo, people need to make sure the building meshes well with their lifestyle.

Tenant insurance. Give yourself peace of mind

So, you have found your ideal apartment — a two-bedroom basement paradise or a mid-town penthouse or a fantastic south-facing one-bedroom condo. Now it's time to move in right away, right? Sure, start packing, but make sure you also budget for tenant insurance

Perhaps you think you don't need it because you are only renting and you don't own any fancy stuff. But what if something happened — would you have enough set aside to replace all your belongings and to find temporary housing? If you said no, Pina Ferraro-Novello, a corporate underwriter with Desjardins General Insurance Group, would like you to reconsider.

"Tenant insurance is necessary because it protects your property and also covers you in the event that you accidentally cause damage to the property of others," Ferraro-Novello says. "For example, if your bathtub overflowed and flooded the apartment below, destroying your neighbour's property, tenant insurance would protect you. Luckily, it's a simple and affordable coverage. Also, if you're a student, your parents' policy might automatically extend coverage to you at school."

What's typically covered by tenant insurance?

This type of insurance protects you from damage, like fire, theft, certain water damage and vandalism. If your apartment is seriously damaged as a result of an insured loss, tenant insurance would also typically cover your additional living expenses while it's being repaired. Tenant insurance also provides liability coverage if someone gets hurt because of your negligence, like slipping and falling on a wet floor in your apartment, for example.

How much coverage do you need?

The total cost of tenant's insurance will depend largely on the value of your contents. Most renters tend to underestimate what it would cost to replace their belongings. It's smart to take an inventory, including photos, which only takes a few minutes and will make things a lot easier if you experience a loss.

Start by walking from room to room and itemize all the contents.

NEWS CANADA

Before purchasing, research the pros and cons to buying a new condo versus a resale one. PHOTOS.COM/THINKSTOCK

New or used: Which is best suited for you?

RICHARD WOODBURY
For Metro

Newer isn't always better. That's the bottom line when it comes to purchasing a condo since there are many pros and cons to buying a new condo versus a resale one.

Perhaps the biggest advantage to buying a new condo is it will likely be more modern in style.

"You're getting a new product with today's features and finishes," says Josh Nelson, a real estate agent with Royal LePage Foothills in Calgary.

This will also likely include a warranty.

As well, buyers will be able to make the unit more their own by selecting finishes and upgrades.

The condo fees may be lower in a new building, but that isn't necessarily a good thing.

"That's also a big negative in my opinion, in that most of the developers … set these condo fees too low," Nelson says.

Nelson says it takes somewhere between three and five years for a new condo to get a good idea of how it should be spending its money. He says if the condo fees haven't gone up after five years, they will likely go up substantially very soon.

Another downside to a new condo can be that people are often purchasing it when it is nothing more than plans on a piece of paper.

"A plan is a plan and a finished product could be completely different," says Clair Whittington, a broker with MaxWell Altima Realty in Regina.

This is in contrast to a resale condo.

"You know what the finished product is," Whittington says.

Having a finished product with a track record can also provide people with some reassurance.

"You may find a little bit more security in a resale building in that you have been seeing what it has been doing in its past and you can get an idea of where it will be in the future," Nelson says.

RICHARD WOODBURY

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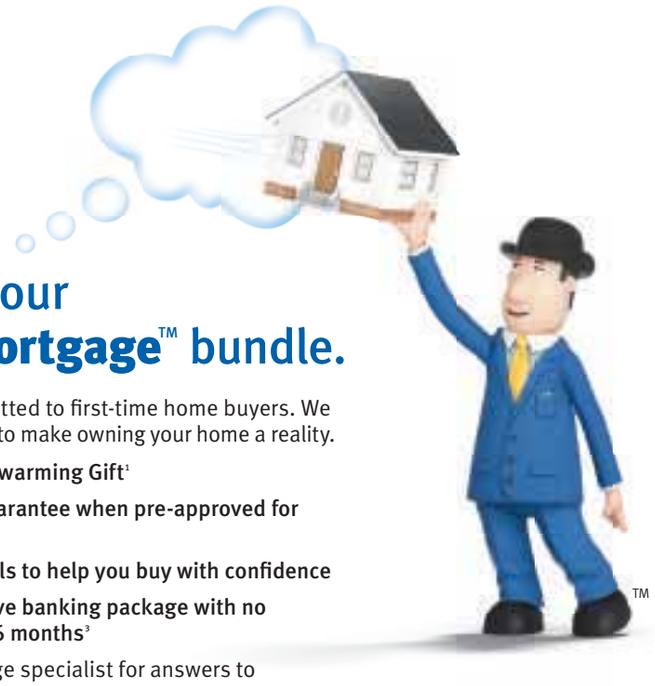

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Canadian maple syrup helps to create a crispy wok winner

GAV MARTELL
Yummymummyclub.ca

This recipe serves four to six. GAV MARTELL OF YUMMYMUMMYCLUB.CA

Rather than using sugar, this dish calls for some Canadian maple syrup for sweetness. The sweetness contrasted with the zip of the red wine vinegar makes this Crispy Maple Beef a morsel by morsel mouth-pleasing wok winner.

1. Mix the beef, baking soda, and 3 tablespoons of water in a medium bowl. Cover, and refrigerate for 4 hours or overnight (the baking soda will tenderize the steak).

2. To make the sauce, mix the syrup, vinegar, soy sauce and cornstarch in a small bowl. Set aside.

3. Heat a wok over high heat. Add enough vegetable oil to come about 1 1/2 inches up the sides of the wok, and heat to 375 degrees F. Meanwhile, add the cornstarch and egg white to the beef, and mix well to coat.

4. Cook the beef one small batch at a time (about 1/2 cup) so that it does not bring the temperature of the oil too low. Stir gently until it begins to look crispy, about 1 minute. Using a wire mesh strainer, transfer the beef to a colander to drain. Remove any fried bits from the wok.

5. Return the beef to the wok, and fry again until crispy all over, about 2 minutes. Transfer to a strainer to drain. Discard all but 1 tablespoon of oil from the wok.

6. Return the wok to high heat. Add the beef, sauce mixture and sesame oil. Stir-fry until all of the ingredients are well blended, about 30 seconds. Serve immediately over steamed rice.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 1 lb stir-fry beef
- 1 1/2 tsp baking soda
- 3 tbsp water
- Vegetable oil
- 1 cup cornstarch
- 1 large egg white, lightly beaten
- 1 tsp sesame oil
- 3 cups prepared white rice

Sauce

- 4 tbsp maple syrup
- 4 tbsp red wine vinegar
- 2 tbsp soy sauce
- 1 tsp cornstarch

For your phone

Swirl It! (iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
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Dinner. Steaks with Seared Mushrooms and Red Wine Vinaigrette

Ingredients

- 4 beef tenderloin steaks, each about 6 oz and 1 1/4 inches thick
- Extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 3 thick slices bacon, cut into 1/2-inch dice (2 oz)
- 1/3 cup finely diced red onion
- 8 oz cremini mushrooms, stems removed, each cut into quarters
- 2 tbsp finely chopped fresh chives

Vinaigrette

- 3 tbsp red wine vinegar
- 2 tsp Dijon mustard
- 2 garlic cloves, minced

1. Brush steaks on both sides with oil and season with salt and pepper. Allow to stand at room temperature for 15 to 30 mins. before grilling.

2. Prepare grill for direct cooking over high heat (450 to 550 F) and med heat (350 to 450 F); preheat a perforated grill pan over medium heat.

3. In skillet over medium-low heat, cook bacon and onion, 8 mins., stirring occasionally. Remove from the heat.

4. Combine vinaigrette ingredients, including 1/4 cup oil, 1/2 tsp salt and 1/4 tsp pepper; whisk until smooth. Put mushrooms in bowl and add 1/4 cup vinaigrette. Mix well. Reserve remaining vinaigrette.

5. Grill steaks over direct high heat, with lid closed, until cooked to your desired doneness, 10 mins. for medium rare, turning once or twice. Remove from grill and let rest 5 mins.

6. Spread mushrooms in single layer on grill pan and grill over direct medium heat, with lid closed, 8 min., turning once. Don't move mushrooms until bottom sides are nicely browned. Transfer to skillet with the bacon and onions and warm over medium heat for about 1 min., stirring often. Add chives and mix well. Serve steaks warm with mushroom mixture spooned on top. If desired, whisk the reserved vinaigrette and drizzle some over each steak. NEWS CANADA

CFL

More video review a 'natural evolution'

The CFL's board of governors has approved a rule change allowing coaches to request video review of a missed field goal or convert to possibly overturn an on-field ruling.

"Video review has become a dependable asset to ensure we get the right call on the field," Tom Higgins, the CFL's director of officiating, said in a statement. "And with the technology and number of cameras used in today's telecasts of our games, expanding video review to cover these potential scoring plays is a natural evolution."

Coaches will also now be able to use both of their timeouts any time during regulation time but only one after the three-minute warning in the second half.

Previously, coaches could only use one timeout per half. THE CANADIAN PRESS

NFL

Manning throws 1st tosses to Welker

Peyton Manning threw his first passes to his newest Broncos teammate Wes Welker during a workout Wednesday at Duke.

Welker left the Patriots and signed a two-year, $12 million deal with the Broncos this off-season.

Manning said in an ESPN interview, "There are certain guys you feel like you need it to happen with right away. He's a guy who has a great feel for getting open, understanding route concepts. He played a sophisticated offence in New England. He's smart. You can see why he's such a productive player." THE ASSOCIATED PRESS

'I would pretty much fight anybody': Davis

UFC. Ontarian says she wouldn't shy away from transgender female fighter Fox

Alexis Davis of Port Colborne, Ont., said she's pumped for her bantamweight bout — a first for a Canadian UFC event — against Rosi Sexton at UFC 161 in Winnipeg on June 15. BERNICE PONTANILLA/METRO

Canadian UFC fighter Alexis Davis says she could see herself fighting transgender female fighter Fallon Fox if their paths crossed.

"I think I'm ignorant when it comes to the biology of the human body when they're going through that kind of transition and change," Davis, in town to promote a June 15 pay-per-view event, said Tuesday.

But when it comes to fighting, she said she doesn't shy away from anybody.

"I would highly consider it. I would pretty much fight anybody so ... she gets up in the rankings and comes across my path, it's not too much of a problem for me."

Davis's comments come after the UFC suspended the contract of fighter Matt Mitrione this week for derogatory comments he made about Fox, who was born male, on the MMA Hour show. Mitrione called Fox a "lying, sick, disgusting, sociopathic freak" while arguing that she should not be sanctioned to fight against women.

The UFC said in a statement that the organization found Mitrione's comments to be "offensive and wholly unacceptable."

"The UFC is a friend and ally of the LGBT community, and expects and requires all 450 of its athletes to treat others with dignity and respect," the statement continued.

Davis, from Port Colborne, Ont., said she got her start in Winnipeg so it feels a bit like she's fighting in her hometown.

She'll face Rosi Sexton from Manchester, England, in the first ever UFC women's bantamweight bout in Canada.

UFC Canada director Tom Wright says Winnipeg has a knowledgeable fight fan base and will be a great spot for the pay-per-view event. THE CANADIAN PRESS

Title fight

UFC's first visit to Winnipeg will feature a bantamweight title defence by Renan Barao, who will face Eddie Wineland.

Jets rallying around workhorse Pavelec

Goaltender Ondrej Pavelec's play as of late has kept the Winnipeg Jets' playoff hopes alive. GETTY IMAGES FILE

Winnipeg Jets goaltender Ondrej Pavelec says the more he plays, the more he likes it.

He must like it a lot then, as one of the hardest-working netminders in the NHL for a team struggling to make the playoffs.

Only Nashville's Pekka Rinne has spent more time on the ice than Pavelec, and only Buffalo's Ryan Miller has faced more shots than Pavelec's 1,042 so far this season.

Pavelec's 944 saves this season trail only Miller. He has already passed the 6,000 mark in total saves — not bad for a 25-year-old.

"You want to play," insists the Czech native, who feels the whole team has contributed to the recent back-to-back wins that have brought the Jets back into contention.

That may certainly be true, with Winnipeg's top forwards finding the net again, but the kind of saves Pavelec has made every night are what have kept the Jets in the hunt.

Team captain Andrew Ladd has said over and over that Pavelec has been their best player lately as the Jets fight for their playoff lives.

The whole team agrees on Pavelec's importance. But is he playing too much?

Coach Claude Noel said he isn't worried when it comes to Pavelec.

"It's funny, it's a good question, it doesn't concern me too much with him because he's managed it well," says Noel.

"The thing with him, I think he's enjoying this. He views it as a challenge." THE CANADIAN PRESS

4 SPORTS

No longer idle in Motor City

MLB. Blue Jays rally past Tigers in sixth and seventh to improve record to 3-5

Blue Jays designated hitter Edwin Encarnacion celebrates with teammate Mark DeRosa after scoring on a double to deep centre field by J.P. Arencibia in the seventh inning of Toronto's 8-6 win over the Tigers on Wednesday in Detroit. LEON HALIP/GETTY IMAGES

J.P. Arencibia and Mark DeRosa gave the struggling Toronto Blue Jays a chance to feel good.

Arencibia hit a three-run double in the seventh inning and the Blue Jays rallied from a five-run deficit to beat the Detroit Tigers 8-6 on Wednesday.

Toronto had opened a season of high expectations with five losses in seven games.

"No reason to panic, but when you see it slipping away in the fifth or sixth inning, it was nice for the bats to come alive," said DeRosa, whose pinch-hit double in the sixth got the comeback started in earnest. "We obviously didn't get off to the start we wanted to, but we fought."

Detroit led 6-1 in the sixth, but starter Rick Porcello allowed hits to the first three batters that inning. They all eventually scored, and Toronto added four more runs the following inning.

Bryan Villarreal (0-1) came on with one on and one out in the seventh and proceeded to walk three straight hitters, forcing in a run. Arencibia followed with a drive to the gap in left-centre off Octavio Dotel to make it 8-6.

"It was nice to finally get a few hits and walks and guys grinding out at-bats, and string it all in the same inning," Arencibia said. "To score, you need to be able to do that collectively in an inning."

Aaron Loup (1-0) pitched a scoreless sixth for the Blue Jays. Casey Janssen, the last of five Toronto relievers, pitched a perfect ninth for his second save.

Jays starter Mark Buehrle allowed six runs — five earned — in 4 1/3 innings.

THE ASSOCIATED PRESS

By the numbers

0-19

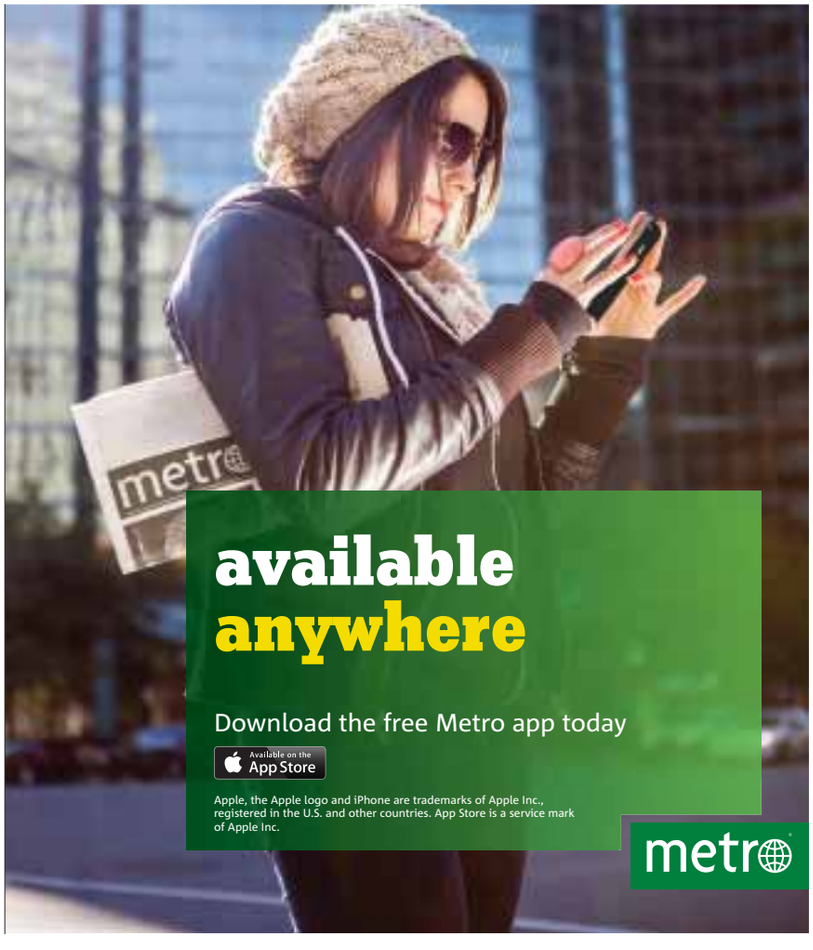
Blue Jays designated hitter Edwin Encarnacion snapped an 0-for-19 skid by doubling in the fourth and sixth innings.

Reason to believe

The Jays' start has been uneven, to say the least, but there are plenty of teams that have converted bad starts into post-season finishes.

- **2008 Tampa Bay Rays.** Opened April with a 7-10 record but rebounded with a 15-12 month. Went on to win their division and the American League pennant.
- **2006 Minnesota Twins.** 1-5 to start, 9-15 in April, and 25-33 on June 7 before winning 44 of their next 52 to glide into the post-season.
- **2002 Anaheim Angels.** Won the World Series after a 2-5 start in April. They were 9-11 in April before things turned around.
- **2001 Oakland Athletics.** Went 8-17 to start, then 96-43 the rest of the way.

TORSTAR NEWS SERVICE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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
z-Miami	62	16	.795	—
x-New York	51	26	.662	10½
x-Indiana	49	29	.628	13
x-Brooklyn	45	32	.584	16½
x-Chicago	42	35	.545	19½
x-Atlanta	43	36	.544	19½
x-Boston	40	37	.519	21½
x-Milwaukee	37	41	.474	25
Philadelphia	31	47	.397	31
Toronto	30	48	.385	32
Washington	29	50	.367	33½
Detroit	27	52	.342	35½
Cleveland	24	54	.308	38
Orlando	20	59	.253	42½
Charlotte	18	60	.231	44

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	57	20	.740	—
x-Oklahoma City	57	21	.731	½
x-Denver	53	24	.688	4
x-L.A. Clippers	51	26	.662	6
x-Memphis	53	25	.679	4½
Golden State	45	33	.577	12½
Houston	44	34	.564	13½
L.A. Lakers	41	37	.526	16½
Utah	41	38	.519	17
Dallas	38	39	.494	19
Portland	33	44	.429	24
Minnesota	29	48	.377	28
Sacramento	27	50	.351	30
New Orleans	27	51	.346	30½
Phoenix	23	55	.295	34½

x — clinched playoff berth z — clinched conference

WEDNESDAY'S RESULTS

Atlanta 124 Philadelphia 101
Orlando 113 Milwaukee 103 (OT)
Detroit 111 Cleveland 104
Miami 103 Washington 98
Brooklyn at Boston
Phoenix at Dallas
L.A. Lakers at Portland
New Orleans at Sacramento
San Antonio at Denver
Minnesota at L.A. Clippers

THURSDAY'S GAMES — All Times Eastern

New York at Chicago, 8 p.m.
Oklahoma City at Golden State, 10:30 p.m.

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
y-Pittsburgh	40	30	10	0	0	132	98	60
Boston	39	26	9	2	2	113	85	56
Washington	40	21	17	2	0	120	112	44
Montreal	39	25	9	3	2	122	94	55
Toronto	40	22	13	0	5	123	112	49
Ottawa	39	19	14	2	4	96	88	44
NY Islanders	40	20	16	3	1	117	120	44
NY Rangers	40	20	16	0	4	99	96	44
Winnipeg	41	20	19	0	2	102	121	42
New Jersey	40	15	15	3	7	96	111	40
Buffalo	40	16	18	2	4	106	122	38
Philadelphia	39	17	19	1	2	107	122	37
Tampa Bay	39	17	20	0	2	124	116	36
Carolina	39	16	21	1	1	102	126	34
Florida	39	13	20	5	1	96	132	32

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
x-Chicago	39	30	5	0	4	129	83	64
Anaheim	40	27	8	2	3	123	99	59
Vancouver	39	22	11	1	5	105	95	50
Los Angeles	40	22	14	1	3	115	101	48
San Jose	39	20	12	3	4	98	98	47
St. Louis	38	22	14	1	1	107	98	46
Minnesota	39	22	15	1	1	103	98	46
Detroit	39	19	15	3	2	99	101	43
Dallas	39	19	17	2	1	109	118	41
Columbus	40	17	16	3	4	95	104	41
Phoenix	39	17	16	2	4	105	106	40
Edmonton	39	16	16	4	3	101	108	39
Nashville	41	15	18	2	6	96	110	38
Calgary	38	14	20	1	3	102	134	32
Colorado	39	12	22	4	1	90	124	29

x — clinched playoff berth y — clinched division

WEDNESDAY'S RESULTS

NY Rangers 3 Toronto 2 (SO)
Boston 5 New Jersey 4
Phoenix at Edmonton
Vancouver at Calgary
Colorado at Anaheim

THURSDAY'S GAMES — All Times Eastern

Ottawa at Philadelphia, 7 p.m.
NY Islanders at Boston, 7 p.m.
Montreal at Buffalo, 7 p.m.
Carolina at Washington, 7 p.m.
Pittsburgh at Tampa Bay, 7:30 p.m.
San Jose at Detroit, 7:30 p.m.
St. Louis at Minnesota, 8 p.m.
Florida at Winnipeg, 8 p.m.
Colorado at Los Angeles, 10:30 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	5	2	.714	—
New York	4	4	.500	1½
Tampa Bay	4	5	.444	2
Baltimore	3	4	.429	2
Toronto	3	5	.375	2½

CENTRAL DIVISION

	W	L	Pct	GB
Kansas City	5	3	.625	—
Chicago	4	4	.500	1
Detroit	4	4	.500	1
Minnesota	4	4	.500	1
Cleveland	3	5	.375	2

WEST DIVISION

	W	L	Pct	GB
Oakland	6	2	.750	—
Texas	6	3	.667	½
Seattle	4	5	.444	2½
Los Angeles	2	5	.286	3½
Houston	2	6	.250	4

WEDNESDAY'S RESULTS

Toronto 8 Detroit 6
Tampa Bay 2 Texas 0
N.Y. Yankees at Cleveland (ppd.)
Baltimore at Boston
Minnesota at Kansas City
Oakland at L.A. Angels
Houston at Seattle

THURSDAY'S GAMES — All times Eastern

Toronto (Johnson 0-0) at Detroit (Fister 1-0), 1:05 p.m.
N.Y. Yankees (Hughes 0-1) at Cleveland (McAllister 0-1), 7:05 p.m.
Baltimore (Tillman 0-0) at Boston (Aceves 0-0), 7:10 p.m.
Oakland (Griffin 1-0) at L.A. Angels (Vargas 0-0), 10:05 p.m.
Texas (Grimm 0-0) at Seattle (Hernandez 1-1), 10:10 p.m.

NATIONAL LEAGUE

WEDNESDAY'S RESULTS

St. Louis 10 Cincinnati 0
Arizona 10 Pittsburgh 2
San Francisco 10 Colorado 0
Atlanta 8 Miami 0
Washington 5 Chicago White Sox 2
N.Y. Mets at Philadelphia
Milwaukee at Chicago Cubs (ppd.)
L.A. Dodgers at San Diego

THURSDAY'S GAMES — All times Eastern

San Francisco (Vogelsong 0-1) at Chicago Cubs (Feldman 0-1), 2:20 p.m.
Chicago White Sox (Axelrod 0-0) at Washington (Haren 0-1), 7:05 p.m.
L.A. Dodgers (Greinke 1-0) at San Diego (Marquis 0-1), 10:10 p.m.

Horoscopes

♈ Aries
March 21 - April 20
You need to clear your mind of trivial thoughts and focus only on what really matters, with your career very much to the fore. The rest of the world can waste time on non-essentials.

♉ Taurus
April 21 - May 21
According to the planets, someone is abusing your good nature and you must get tough to make sure they stop. Just because you're a nice guy does not mean you're not allowed to get nasty once in a while.

♊ Gemini
May 22 - June 21
There is something you need to take care of that cannot be delegated to other people. You may not enjoy it that much but you know it must be done. Get it over with now and the good times will soon begin.

♋ Cancer
June 22 - July 23
Yes, someone has betrayed your trust, but is it really such a big deal? Why not just forget about it and move on? If nothing else, others will realize you are not thin-skinned.

♌ Leo
July 24 - Aug. 23
A little bit of effort will go a long way today but don't push too hard. Pace yourself according to your natural limits. Small victories will soon add up to major triumphs.

♍ Virgo
Aug. 24 - Sept. 23
If you give up one thing today, you will gain something much more valuable in the long-term. But do you have the willpower to make the change? If you don't make it now, it may never be made.

♎ Libra
Sept. 24 - Oct. 23
Try not to take what you hear today the wrong way. What you think is bad news may be nothing of the sort. You could just be creating an interpretation that doesn't exist.

♏ Scorpio
Oct. 24 - Nov. 22
Other people seem unable to grasp even the most simple of instructions today, which is so frustrating. There is no point losing your temper as that will only make matters worse.

♐ Sagittarius
Nov. 23 - Dec. 21
Before you agree to new responsibilities, you should ask yourself how they might affect other areas of your life. Cash flow situation isn't everything. Time has value too.

♑ Capricorn
Dec. 22 - Jan. 20
No matter how tempting a social invitation may be, you must turn it down and do something less demanding. There are times when you like to be alone with your thoughts and this is one of them.

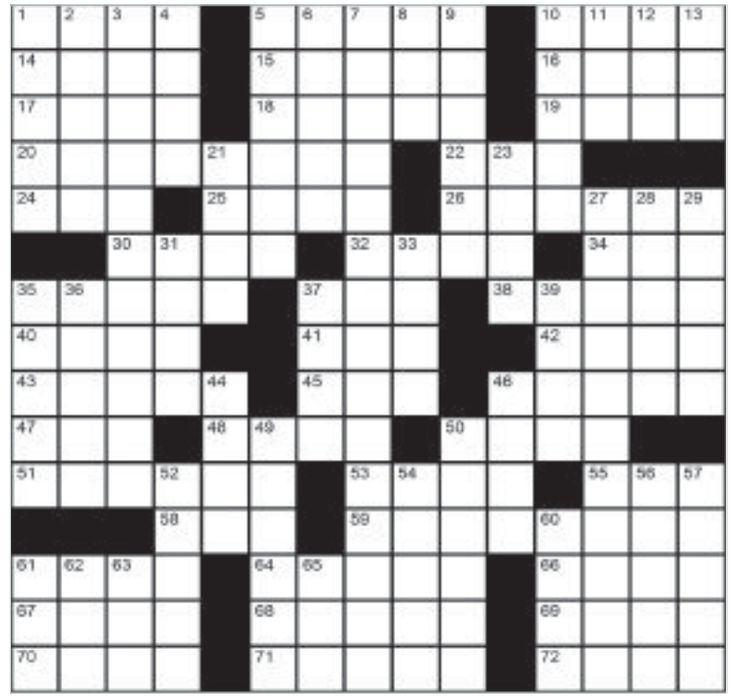
♒ Aquarius
Jan. 21 - Feb. 19
Something you hear while listening in on someone else's conversation will intrigue you and make you want to know more, but you've got to be smart about it. You don't want them to know you're a snoop.

♓ Pisces
Feb. 20 - March 20
Some people have no shame and you will find yourself having to deal with one such individual today. Don't waste time trying to befriend them. Morally you are on different planets. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

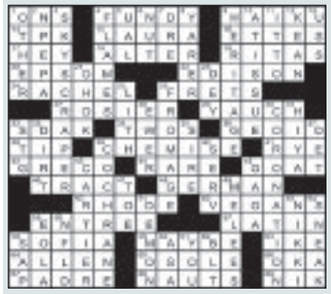
BY KELLY ANN BUCHANAN



Across
1. Cod-like fish
5. Ancient insect trapping/preserving stuff
10. Halifax-born singer, Holly __
14. Belgian imaging corporation
15. Glass: French
16. Singer Mr. Redding
17. Pea: French
18. "Should _ __ the doorbell?"
19. __ and potatoes
20. Type of painting
22. 'Smarter Planet' sloganeer
24. Metres' li'l opposites
25. __-inflammatory
26. BC river
30. Not that
32. The Ramayana heroine
34. 'Gran' add-on (Hiker's treat)
35. Hairy, like a lion
37. Very smart letters
38. Witch assembly
40. Culture medium
41. Wood sorrel
42. Hollywood great Gregory
43. Quick movie appearance
45. Hi's opposites
46. Breath mints brand
47. 'Oct' add-on (Music†interval)
48. Think over
50. Month
51. Canadian bakery since 1882
53. Unwritten
55. Post-op locale
58. "Impressive!"
59.Canadian actress Kate
61. __-Levesque (Boulevard in Montreal)
64. Chilliwack song: "__-_"
66. Juniors = Jnrs/ Seniors = ?
67. Idea: French
68. Take _ __ breath
69. "Let __" by The Beatles: 2 wds.
70. Atmosphere
71. Actress, Parker __
72. Way [abbr.]

Down
1. Labrador community, __ Valley-Goose Bay
2. "Have _ __ time!" (Enjoy!)
3. What The Kardashians mostly have, "_-_ __ __
4. "__ of Eden" (1955)
5. Birds
6. Warrant
7. What were Upper Canada and Lower Canada?: 2 wds.
8. 'West' suffix
9. Get-then-give the present
10. This thing: ,
11. 'Capri' suffix
12. __ Fail (Irish coronation stone)
13. The bar on "Cheers", __. 1895
21. Bug killer brand
23. Bric-a-__
27. Parti Quebecois concern
28. Pick a politician
29. Colonel and Lieutenant
31. Not there
33. Varieties of apples
35. Parrot
36. Tequila plant source
37. Opinion __
39. Unlock
44. 1847 Herman Melville story
46. Select/reject
49. Open a package
50. Clunker car
52. Shannon __ (Canadian wife of rocker Gene Simmons)
54. Ms. Zellweger
56. Breads and pasta, e.g.
57. Not yet established
60. Egyptian Myth: Daughter of Geb
61. Coffee mug part
62. Tokyo, formerly
63. Prefix to 'lithic'
65. Ruckus

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2						8	
	9	4		7		6	3	
6			1		9			5
		5	2		4	3		
		9	6		7	5		
4			8		6			9
	3	1		5		8	6	
	5						7	

Yesterday's Sudoku

3	6	9	8	2	5	1	4	7
8	1	7	6	4	9	2	3	5
4	5	2	3	1	7	6	9	8
5	7	4	2	6	3	9	8	1
9	3	6	1	7	8	4	5	2
1	2	8	9	5	4	3	7	6
2	9	3	7	8	1	5	6	4
7	4	1	5	3	6	8	2	9
6	8	5	4	9	2	7	1	3

Weather

TODAY	FRIDAY	SATURDAY
MAX: 2° MIN: -11°	MAX: 4° MIN: -5°	MAX: 6° MIN: -6°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
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